



4-H Healthy Living Resources

For more than 100 years 4-H has been a leader in addressing America's health challenge. As the only out-of-school youth development program of America's 106 land-grant universities, 4-H is directly connected to the research and resources of these universities - strategically positioning 4-H to reach youth with over 3,500 youth development educators. This public-private partnership has engaged our country's youth in the building blocks of healthy living success. 4-H Healthy Living Programs – currently reaching **2.5 million youth** in 50 states – provide hands-on learning opportunities that engage youth and families through access and opportunities to achieve optimal physical, social, and emotional well-being. In addition, 4-H is found in virtually *every* county in America.

4-H has the capacity to mobilize youth and implement sustainable strategies that will create healthy living opportunities for youth and their families. 4-H educators engage youth through various delivery modes and community partners such as schools, local parks, other youth development organizations, local fairs, county governments, local media, and corporate volunteers. 4-H Healthy Living Programs are delivered through youth-adult partnerships, a proven program model, often within the context of the youth and their families.

RECOMMENDED 4-H CURRICULA

Following a national call for curricula, a peer review process was facilitated by the National 4-H Healthy Living Task Force using a curriculum review criteria rubric. This rubric was adapted from a CDC template for healthy eating, physical activity, mental and emotional health. (<http://www.cdc.gov/HealthyYouth/HECAT/index.htm>) Each piece of identified curricula was twice reviewed: once by a liaison from a Land Grant University and once by a Healthy Living Task Force member. After reviewing various curricula from across the country, the National 4-H Healthy Living Task Force has identified the following curricula as high quality, research based materials.

Jump Into Foods and Fitness

Developed by: Michigan State University

Ages/Grades: Ages 11-13/Grades 3-5

Available from: <http://web1.msue.msu.edu/cyf/youth/jiff/documents/JIFF-PromoFlyer.pdf>

This curriculum teaches kids about healthy food choices, increased physical activity and food safety. It is designed to be implemented by adults and older teens. "Jiff the Joey" sets the stage for each of the eight "Kangaroo Jumps" or sessions, utilizing the MyActivity Pyramid and the MyPyramid for Kids.

Food, Culture, and Reading

Developed by: University of Vermont

Ages/Grades: Grades 4-6

Available from: www.4-hmall.org/curriculum

This nutrition education curriculum uses a wide variety of experiential activities, to help youth recognize a variety of healthful foods within each MyPyramid food group, taste new foods from other cultures, explore the similarities of foods, and develop an understanding and appreciation of cultures that are different from their own.

Start Smart Eating & Reading

Developed by: Oregon State University

Ages/Grades: Ages 5-7/Grades K-2

Available from: <http://extension.oregonstate.edu/catalog/html/4h/4h6830/startsmart1.html>

This curriculum was designed to help children discover the importance of breakfast through reading and discussion of various children's literature books. The four modules each offer a no-cook food activity and other activities to reinforce the message about smart eating. "Breakfast Bites," a parent newsletter, takes the message into the home.

Health Rocks!

Developed by: University of Nebraska

Ages/Grades: Ages 9-14/Grades 5-8

Available from: <http://www.4-hmall.org/detail.aspx?ID=1633229>

Health Rocks!® is a three-part series of leader's curricula for a healthy living program, with the goal of bringing youth, families and communities across the United States together to reduce tobacco, alcohol and drug use by youth. Health Rocks! helps youth develop life skills in the area of critical thinking, decision-making, communication, managing feelings, stress management and goal setting to help them resist risky behaviors. It also provides accurate health information regarding statistics and consequences of youth tobacco, alcohol, and drug usage. The program is designed to be facilitated by teen/adult teams.

RECOMMENDED 4-H PROGRAMS

After reviewing various health and health related programs from across the county, the National 4-H Healthy Living Task Force has identified the following programs as high quality, research based programs. The Hierarchy Level rating and the Program of Distinction status are identified for each program. These two status ratings were two of the many criteria the Task Force used in selecting programs to be recommended for replication or a model for other programs under development.

Hierarchical Classification Framework for Program Effectiveness, Working Group for the Federal Collaboration on What Works, 2004. The classification framework consists of six levels of evidence effectiveness. The five main criteria that determine classification are: randomized control trials; replication with different population and contexts; focus on socially important behavior outcomes; identification of evidence of enduring effects; and dissemination capacity. Those programs noted as ***Effective*** have received top rating for all of the criteria. Those programs noted as ***Promising*** lacked documentation of successful replication. Those programs noted as ***Inconclusive Evidence*** lacked rigorous research design or a preponderance of evidence demonstrating level of effectiveness.

USDA Programs of Distinction (www.national4-hheadquarters.gov/about/pod.htm): *Programs of Distinction* is a recognition program that highlights high quality youth development programs within Cooperative Extension, and occurring in communities throughout the United States. These peer-reviewed programs exhibit strong program development characteristics and contribute to the field of positive youth development; convey new ideas, materials or innovative methods; and demonstrate changes in knowledge, behaviors, attitudes or aspirations of youth and adults. Evidence of impact through documented evaluation is an important component for consideration. Programs of Distinction are supported by the 4-H system partners and coordinated through 4-H National Headquarters, National Institute of Food and Agriculture (NIFA), at the U.S. Department of Agriculture.

The Family Fitness Program

Developed by: Penn State University

Ages/Grades: Ages 8-12

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://extension.psu.edu/familyfitness/>

The *Family Fitness* program targets children and their families, significantly improving family communication, healthy eating and physical activity. Children attend ten sessions to practice making healthy food choices and increasing physical activity via guided discussions and activities. Parents participate in five meetings (three with their child) to receive information, skills, and motivational guidance leading to improved food choices, physical activity, and family support. Parent/family learn-at-home lessons, family discussions and goal setting are included.

4-H Health Jam

Developed by: University of Illinois

Ages/Grades: Ages 8-12

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://web.extension.illinois.edu/state/discover.cfm?DiscoverID=48>

4-H Health Jam engages youth in exploration of health careers, daily physical activity, and the study of body systems. During the nine-week program, youth participate in a two-day overnight camp and an eight-week follow-up. Through *Health Jam*, youth engage in physical activity and identify exercise that appeals to their personal preferences, developing confidence in their ability to perform and enjoyment of the exercise and eliminating perceived barriers to being physically active.

PROSPER: PROmoting School-community-university Partnerships to Enhance Resilience in Pennsylvania and Iowa

Developed by: Penn State University

Ages/Grades: Grade 6

Hierarchy Level: Effective

Program of Distinction: Yes

Complete Description at: <http://prosper.ppsi.iastate.edu/>

PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience) is an innovative model reducing rates of youth substance use and problem behavior and fostering positive youth development. This is accomplished by teaching skills to improve family life and parent-child communication and provide students with skills for planning, problem-solving and peer resistance against problem behaviors. *PROSPER* delivers an estimated \$9.60 return for each dollar investment, in terms of dollars not expended on mental health and substance abuse treatment, juvenile justice interventions, and other costs incurred from problematic youth behavior.

Smart Bodies

Developed by: Louisiana State University

Ages/Grades: Grades K-5

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://smartbodies.org/default.aspx>

Smart Bodies is an interactive educational program designed to help prevent childhood obesity. It integrates classroom activities with hands-on learning to teach children how to build strong bodies and develop active minds.

Strengthening Families Programs for Parents and Youth 10-14 (SFP:10-14)

Developed by: Iowa State University

Ages/Grades: Ages 10-14

Hierarchy Level: Effective

Program of Distinction: Yes

Complete Description at: http://www.strengtheningfamilies.org/html/programs_1999/14_SFP10-14.html

The *Strengthening Families Program* is a parent, youth, and family skills-building curriculum designed to: prevent teen abuse and other behavior problems; strengthen parenting skills; and build family strengths. The program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects.

Health Officer

Developed by: West Virginia University

Ages/Grades: Ages 10-12/Grades 5-6

Hierarchy Level: Inconclusive Evidence

Program of Distinction: No

Complete Description at:

http://harrison.ext.wvu.edu/4_h_and_youth_development/4_h_club_officer_resources/4_h_health_officer

The *Health Officer* initiative builds youth leadership and integrates health education into the existing 4-H community network by selecting 4-H members to become their club's 4-H Health Officer. The Health Officer teaches their club members to track daily personal health behaviors related to a monthly challenge. Families receive handouts that reinforce health habits and facilitate interaction.

National Safe Tractor & Machinery Operation Program (NSTMOP)

Developed by: Pennsylvania State University

Ages / Grades: Ages 14 - 15

Hierarchy Level: Promising

Program of Distinction: No

Complete Description at: <http://www.nstmop.psu.edu/>

This certification program is designed to teach general farm safety and safe tractor and machinery operation to 14-15 year olds who want to be legally employed to operate tractors and machinery. The regulation that governs this program does not apply to youth operating equipment on their family farm.

ATV Safety Program

Developed by: National 4-H Council

Ages / Grades: Grades 4-12

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://www.atv-youth.org/>

4-H ATV Safety teaches safe riding principles through "classroom" style experiential learning activities; promotes awareness of proper safety gear, fit guidelines and age/size-appropriate ATVs; and develops decision-making & critical thinking skills for safe and responsible riding.